

Fort Campbell Soldier and Family Member Reintegration Guide



Winning the Global War on Terror



Fort Campbell, Kentucky
www.campbell.army.mil



DEPARTMENT OF THE ARMY
HEADQUARTERS, 101ST AIRBORNE DIVISION (AIR ASSAULT) AND FORT CAMPBELL
2700 INDIANA AVENUE
FORT CAMPBELL, KENTUCKY 42223

REPLY TO
ATTENTION OF

Fellow Screaming Eagle:

Welcome home Screaming Eagle! Thank you for your incredible performance supporting the Global War on Terrorism. I am extremely proud of every one of you.

Whether you were in the desert sands of Iraq or in the highest mountains of Afghanistan, the range of challenges you overcame during your deployment were extremely challenging and complex. We all saw how your training, sense of pride, and commitment to the 101st Airborne Division (Air Assault) and our coalition partners ensured our success.

Now our goal is to ensure that everyone is safely and effectively reintegrated within your community, friends, and Family. Commanders at all levels have and will continue to take an active role to assist you, either individually or as a unit in this process. We recognize the hardships you and your Family have endured during this deployment; thus, all of you are included in our three-phase reintegration program.

Our reintegration program was developed to assist you throughout your entire return process. Senior tactical commanders, in coordination with the major agencies located on Fort Campbell, have all coordinated to ensure your reintegration is thorough and goes smoothly. This "Soldiers, Civilians, and Family Members Reintegration Guide" is just one step intended to provide you with useful checklists, telephone numbers, and information to help you organize for an easier transition.

Above all, as your performance during this deployment proved to the world, you are a crucial part of what makes the United States Army a professional and lethal force capable of defeating any enemy, on any ground. Therefore, the safety of you and your family during this reintegration process is our top priority—so make it your top priority as well.

Once again, thank you for the great compassion and honor you have shown during this past year in order to secure a safer nation for all of our future generations.

AIR ASSAULT!

Sincerely,

Jeffrey J. Schloesser
Major General, US Army
Commanding

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The Deployment Cycle



From the anticipation of Pre-deployment—to the joy and relief of Post Deployment (with all its trials of adjustment and reintegration)—the deployment cycle impacts Soldiers and Family members in many ways. Looking back on your deployment experience now that your Family is reunited, that period of separation created many stresses.

Pre-Deployment:

Remember, when your deployment was announced, it created a lot of pressure to get many things done in a very short amount of time. Planning and communication were key to the process. Suddenly, house repairs, the budget, resolving any marital conflicts, talking with the children about mom or dad going away, and just spending time together (as a couple and with the Family) became very important matters. There were demands in the unit for special training, packing equipment, and the seemingly endless activity of administrative processing. All of these responsibilities and tasks competed for your time.

Deployment:

The initial phase (first month) of the deployment cycle was a good time to set the stage for working and growing stronger individually, as a couple, and as a Family. It is during this time that Families often discover and express the hurt feelings and disappointments produced by the sacrifice of military service. Then came the loneliness. Both Soldiers and Family members struggled to become accustomed to the loneliness of separation. In many ways your day-to-day worlds became very different. Adjusting to separation took some time.

Redeployment:

Both Soldiers and Families undergo necessary changes during the separation of deployment. Now you are home. The first several weeks after returning may seem relatively calm and free of major distress or conflicts compared to the following months. This is when a number of previously unrecognized problems are likely to surface. Now new adjustments will be necessary.

Reintegration:

Reintegration is part of the Army's overall Deployment Cycle Support (DCS) program. The Army developed the DCS program to help Soldiers and civilian employees returning from long deployments to reunite successfully with their families. The Army's reintegration process provides Soldiers, civilian employees, and families with information, assistance, and other tools they need to handle problems within different aspects of the "human dimension" that often arise after a long deployment. The human dimension includes all aspects of the physical, mental, emotional/spiritual, and environmental state of redeploying personnel and their family members. The goals of reintegration are to reintegrate units and individuals with their families and communities, give formal command recognition for the achievements of returning units and individuals, and prepare units for success with their next mission. The overall reintegration process includes conducting required reintegration tasks, conducting formal Welcome Home Ceremonies, and completing a successful transition to routine operations.

7 -½ Day Reintegration Schedule:

Station 1 (Orientation) (4 Hours–Location: PPC)	Station 2 (Briefs) (2 Hours–Location: Wilson Theater)	Station 5 (Dental) (1 Hour–Location: BCT Dental Clinics)
<ul style="list-style-type: none"> - Reunion Training Overview - Suicide Awareness & Prevention - Health Threat Brief - How to identify signs and symptoms of distress - Post-Deployment Stress - Normalization of Experiences - Changes in relationships - Communication with children - Married redeploying Soldiers take a marital enrichment assessment instrument - Safety briefings covering at a minimum: <ul style="list-style-type: none"> POV, Alcohol, Water Sports, STD - Vehicle Registration - Transportation Brief - Drug and Alcohol Brief - PPD shot administered <p>Anchor Station</p> <p>(1) Sets model & flow for remaining reintegration period</p> <p>(2) Administer PPD Shot IOT have it read NLT 3 days</p>	<ul style="list-style-type: none"> - Legal Assistance Brief (Wills, POA, Taxes, Claims) - Financial Management Brief - FMVVR, Family Advocacy Brief - Military One Source Brief - MVR Brief - Tricare 	<ul style="list-style-type: none"> - Dental exams <p>*Multiple dental clinics used</p>
	Station 3 (Finance) (2 Hours–Location: Freedom Fighter Gym)	Station 6 (ANAM) (2 Hours–Location: 2603 Indiana)
	<ul style="list-style-type: none"> - Process TCS Travel Voucher Review / Submission - ID Card/DEERS CAC PIN reset - Promotion update (as needed) - AAFES <p>Anchor Station</p> <p>(1) Housing representative co-located</p>	<ul style="list-style-type: none"> - ANAM brief and exam
DCS Required Tasks CG Directed Tasks Division Approved Opportunity Tasks (relevant to the human dimension of post-OIF/OEF reintegration)	Station 4 (Medical) (4 Hours–Location: Dryer Field House)	Station 7 (AG/Final) (2 Hours–Location: Freedom Fighter Gym)
	<ul style="list-style-type: none"> - Medical Processing - PPD Read <p>Anchor Station</p> <p>(1) In order to 'read' PPD shot</p> <p>(2) Soldier to Provider Intensive</p>	<ul style="list-style-type: none"> - Update Casualty Documents (SF 93/SGLV) - Final Reintegration Checklist Review / Clear Anchor Station <p>(1) Updating Casualty Documents is the Most time consuming task (20 minutes per Soldier) high provider ratio; large location requirement</p> <p>(2) Finance requires 3 days from wheels down before conducting record/entitlement review</p> <p>Finance system reacts to CAC swipe-up on departure for entitlement start/stop; 3 days needed for provider to see effects on system</p>



Families & Reunions



Tips for a Joyful Reunion:

The deployment finally comes to an end and everyone is excited about reuniting with their loved ones. This is an exciting time full of homecoming activity. For some, however, it is also a time of worries and anxiety. The following tips will help Soldiers and their Family members prepare for and experience a joyful reunion.

- Each person must be allowed their own time to transition back into Family life and unit work routine.
- Please have patience with one another to make the transition easier.
- Don't compete or compare personal experiences during the deployment with claims of who had a more difficult time. Doing this could lead to conflict.

POINTS THE SOLDIER SHOULD REMEMBER:

From the first to the fifth month, Families and Soldiers begin to establish new routines and develop new sources of support and social interactions.

- Agree to adjust. Soldiers live in primitive conditions and work long hours. After a while their days all look the same because they have no time off, weekends, or holidays. They're constantly on guard against the threats to their safety. Many feel isolated and alienated by the reality of combat experiences. They often keep their experiences to themselves in their desire to protect loved ones from the horrors of war. Soldiers also wonder and worry about the well-being of their loved ones back home. They feel frustrated in their inability to directly do something about the troubles their Spouse and children may be experiencing. Spouses at home struggle to handle the increased work load of managing the household, paying bills, and caring for the children. They sometimes have to work outside of the home to make ends meet. Every day they hear and see news reports that renew their fears of death or of receiving a casualty notification. Spouses can also feel overwhelmed by their extra responsibilities. They want someone to vent to, but don't want to burden their Soldier with things that "can't be changed anyway".
- Anticipate difficulties. You, the Soldier, may encounter difficulties finding the motivation to resume working and raining when the pace and urgency of deployment is no longer present. You may miss the intense bonds formed during deployment when friends are transferred to other units or leave the service completely. Unit reorganization may result in conflicts with new superiors or less experienced fellow Soldiers. It may be hard to obey or cooperate with people you don't yet trust absolutely. The stress of multiple deployments is a relatively new challenge that Soldiers and Families are facing.
- Expect changes in both your Spouse and children. (You've changed some too!) Adapt accordingly. Remember, most of the changes that took place while you were separated produced growth and maturity.
- Re-enter slowly. Your Family has established new routines while you were absent. Please make changes slowly. Discuss with your Spouse which new routines are still useful now that you are reunited, and which ones need change.
- Spend maximum time with the Family. If possible, postpone reunions with relatives and friends until near-normal routines have been re-established at home.

- Adaptation takes time. It will be common for husbands and wives once reunited to need time for role and responsibility renegotiation. Soldiers can be exhausted from the prolonged hardships of deployment. They may seem withdrawn and disinterested in Family activities or household chores. Spouses who stayed behind may be fatigued from having single-handedly managed the responsibilities of parenting and taking care of the house. He or she may have eagerly waited for the day when their Soldier would return to take over, or to at least help with all the things they had to do on their own. The Soldier may want time to be free of responsibilities when he or she returns. Give yourselves the time needed to adapt. Other marriages may experience conflict that is the exact opposite of the situation described above. When a non-deployed Spouse does well during the time they are on their own, the returning Soldier may worry that he or she is no longer needed. The non-deployed Spouse might feel proud of their accomplishments, and may be reluctant to relinquish new found independence and authority on issues such as budgeting and parenting.
- Work together to “let go”. For Soldiers, the most frequent and obviously difficult aspect of adjusting during reunion is letting go of the lingering effects of combat. It is common to have trouble stopping the habits that were important to success and survival while deployed. After a year of deployment it’s normal to feel nervous when driving past a pile of debris on the highway, habitually scanning the rooftops, or reflexively reaching for your rifle when leaving your vehicle. Being easily startled by loud noises, trouble with sleep, feeling uncomfortable in crowds, and positioning yourself with your back to the wall are also quite common. Difficulty sleeping and disturbing dreams are the most common adjustment problems Soldiers report. Another frequently encountered problem is recurring vivid memories of causing and receiving casualties. In some cases the tragedies of deployment can cause extreme depression that may even include thoughts of suicide or violence to others. In most instances these reactions fade over time when the troubled Soldier comes to terms with the many extreme experiences he or she witnessed.
- Keep in touch. Communication can become easily strained during reunion, and Soldiers and Spouses can lose track of what each Family member is really going through. It is therefore very important for every Family to find its own way to keep communication open. It helps when Family members talk about what they want, need, and expect from each other. To prevent feeling personally rejected or ignored, each Family member should let the others know what topics they want to discuss, and which ones they want to avoid. It should also be made clear that avoided subjects are chosen on the basis of avoiding the subject itself—not because of any person connected with it.
- Take time to talk. It’s normal during reunion for Family members to have difficulty communicating and interacting. It may take time for every Family member to become comfortable being around each other on a daily basis again.
- Children’s emotions and reactions. Depending on their age, children can have a variety of reactions to their parent’s return. Infants and toddlers may react with fear and anxiety as if the Soldier is a stranger. Elementary school children can become insecure and demanding of attention. They may even act out subconscious anger over feeling abandoned. Teenagers often pretend indifference and act like nothing is bothering them, when in fact, they might be having a range of hurtful, negative feelings. Children are also likely to worry that they will be punished for misbehaving while their parent was away. Here is a good principle to follow: be open and available while allowing children to get

used to you at their own pace. Also plan to spend time with children individually and together as a group.

- Independence—Your Spouse probably developed needed skills and abilities to keep the household running while you were deployed. This may be frightening to you because of feeling you aren't needed as you once were at home. Share these feelings and talk about the difference between being needed and being wanted.
- Control over household decisions and responsibilities. It will be necessary to talk about these issues with your Spouse so you can agree on mutual expectations now that you are home.
- Take it easy on the children—especially where discipline is concerned. Sudden changes to parenting practices and household routines may be very disturbing to children. One of the most common sources of conflict in marriage is disagreement on parenting and disciplining children. This is particularly true when the parenting partnership is disrupted by the separation of deployment. To cope with the stress of deployment, the Spouse who stayed behind may have become either more lax or strict with the children. Likewise, the returning Soldier may have changed his or her priorities and ideas about what is important in life. He or she may have a more lenient or flexible attitude toward misbehavior and discipline. Children will also be testing the limits to see what will and won't be allowed once mom or dad is back home. Establishing consistency and cooperation in parenting is one of the most critical tasks your Family will face throughout the deployment cycle.
- Take time to know one another again. A particularly delicate area of concern during the early part of reunion can be the resumption of sexual intimacy. Many couples are surprised to find out that reunion is very much like dating and getting to know each other all over again. This is especially true if there were conflicts in the relationship before deployment. Therefore, the early part of the reunion can be a good time to reexamine and renew your commitments to each other.
- Trust is a huge issue for Spouses. Communication may have been difficult during deployment, and stories of infidelity and failing marriages can be very disheartening. Your Spouse may need reassurances of your love and commitment to your marriage.
- Expect sex to be awkward between you and your Spouse at first. Talk about your expectations and fears. Some Spouses may prefer to be courted again before they feel comfortable engaging in sexual intimacy. Allow each other time to get reacquainted again.
- Don't try to alter your financial affairs. Chances are your Spouse has been handling them fine. Avoid overspending when you first get back.
- Work to stay flexible. Do your best to stay relaxed and flexible throughout the reunion process. Accept change as an inevitable part of life—and an opportunity for growth. Let the process happen gradually. Don't try to change too much too soon. Each person and Family has to find their own best way to handle the deployment cycle. Deployments are difficult to manage, and no one has found a way to do it perfectly. So always feel free to ask for help from any of the resources listed in this handbook. They are here to help you adjust to a healthy, happy life.
- While each Family situation will be unique, learning to share responsibilities and power will be an important part of the reintegration process. Stay open to discussing your

differences and conflicts at home and at work. Try your best to make reintegration a cooperative process that feels more like dancing than wrestling.

THINGS THE SPOUSE SHOULD EXPECT:

Expect changes. All Family members must realize that people change after a period of long absence. Please review the following key points:

- Your relationship has weathered a long period of separation. Expect that it will take some time (at least six weeks) to get adjusted to each other again. If after six weeks you still aren't readjusting to being together, some of the services in this handbook may be useful.
- Expect some anger and insecurity along with love and happiness. These feelings are normal and should be constructively expressed to prevent conflict.
- Expect your Soldier to be different. If he/she is not, fine. But if they've changed, you'll be prepared by simply expecting a difference. This is good advice for both husbands and wives.
- Expect your returning Soldier to be surprised or hurt that you have coped so well alone. Reassure your Soldier that he/she is needed and loved.
- Expect your Soldier to have trouble sleeping for a while. He/she had to adapt to a fast-paced lifestyle and were forced by their circumstances to become very vigilant. It may take your Soldier a few weeks before adjusting to a new sleep pattern. If sleeping becomes a persistent problem, he/she should consult a physician.

THINGS TO KEEP IN MIND:

Remember, your returning Soldier has been subject to daily regimentation and routine; so pre-planned events and schedules may be a problem with him/her for a while. Don't plan to do too much too soon. Ask your Soldier what he/she would like to do.

Remember, TRUST may be an issue for returning Soldiers. Some have returned home to empty homes, depleted bank accounts, and cheating Spouses. You've probably seen or heard of this happening. Hearing these scenarios can be very stressful for Soldiers while deployed. So please be sure to talk about your commitment and love toward your marriage and Family.

- Home Life. Think about the changes you've made to your home life during your Soldier's absence. You may have changed dinner routines, started working, or returned to school. Please be aware that your Soldier may need some time to get used to the "new" you.
- Allow yourself and your Soldier time to work on sexual intimacy and romance. You both may feel awkward at first. Again, take some time to know one another. Discuss each other's expectations and fears.
- Be the Family driver for a while. It may have been some time since your Soldier has driven. Some time may be required for him/her to get used to driving, road conditions, and traffic rules; so you be the Family driver for a while.
- Your Soldier may want to celebrate his/her return with a spending spree. Periods of significant transition aren't good times to make significant decisions. It's better to postpone big expenditures until you're sure of how you want to handle your money. Remember, don't try to alter your financial affairs. The urge to spend will pass.

- Don't "grill" your Soldier about personal problems if they arise. Give him/her time to readjust. Swallow your curiosity. This is good for BOTH Soldier and Spouse.

STRESS MANAGEMENT TIPS:

Everyone experiences symptoms of stress at times such as anxiety, sleeplessness, stomachaches, and headaches. Rapid deployments and long Family separations can increase stress levels for Soldiers and their Families. To avoid the problems stress can produce, please consider the following stress management tips:

- Think positive of yourself—we are our own worst critic.
- Take care of yourself when you're down—play your favorite song, take a long bath, watch a movie, or pass on the housework for the evening.
- Use relaxation methods such as meditation, music, gardening, a nature walk, or your favorite activity to reenergize yourself.
- Prioritize what is truly important and pace yourself accordingly.
- Rest quietly for five minutes during the day or take a brief walk.
- Exercise on a regular basis will help you stay balanced and give you new energy.
- Take lunch or breaks away from your work area, avoid eating quickly, and don't talk about work.
- Social support is important, so surround yourself with friends and Family who are supportive and understanding of your situation. Plan for social activities in your schedule.
- Be realistic and kind to yourself when making a "to do" list.
- Learn to say "No" to others when necessary.
- Focus on immediate or short term goals that are attainable.
- Eat a healthy diet of foods that energize and are healthy. Certain foods can make you sluggish and tired, so stick with a good diet.
- Don't feel guilty about getting together with friends while your children are at the sitter.
- Keep a daily journal of your thoughts and activities.
- Join a support group of any sort, whether it is your Family Readiness Group, a church group, or any other group of interest.
- Get plenty of sleep.
- Take up a new hobby, or return to one you gave up.
- Accept praise and thanks.

CHILDREN AND REUNION:

How Will Your Children Act When Their Soldier Parent Returns?

Many parents worry about their children during reunion. Parents dream of their children shouting "Daddy! Daddy!" or "Mommy! Mommy!" while running off a ship or plane into their arms. But many times, the dream doesn't happen. Children experience the same range of emotions as adults—worry, fear, guilt, happiness, excitement, and anger. Talk with your children about the reunion in a positive way. Acknowledge their concerns as being as significant to them as your concerns are to you. Offer lots of comforting and reassuring remarks to your children. Be aware of your children's feelings and talk to them often. Separation from a parent is stressful for a

child. Your children may have acted out their stress during the early part of the deployment by behaving in ways you found difficult or worrisome (such as aggressive behavior, eating or sleeping problems, or a drop in grades). Their behavior should have returned to normal within 8 to 10 weeks following the deployment. By then Family life should have calmed as children adapted to the deployed parent's absence.

Families are always changing, and how parents and children interact with one another will change as the members grow. When dad or mom comes home, everyone will have changed physically, emotionally, and socially. The following tables contain helpful techniques to help you comfort your children if they show needs of adjustment when their Soldier parent returns home.

Children's Reaction to Soldier Parent's Return:

REACTION	TECHNIQUE
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Birth to 1 Year

Cries	Hold
Fusses	Hug
Pulls away from you	Bathe & Change
Clings to Spouse or caregiver	Feed & Play
Has problems with Urination/Defecation	Relax
Changes their sleeping or eating habits	Relax, Hug & Hold
Doesn't recognize you	Relax, Hug & Hold

1 to 3 Years

Shyness	Don't force Holding, Hugging, or Kissing
Clinging	Give them Space
Doesn't recognize you	Give them time to warm up
Cries	Be Gentle & Fun
Has Temper Tantrums	Sit at their level
Regresses	Be Gentle & Fun, don't force

3 to 5 Years

Demonstrates Anger	Listen to Them
Acts out to get your Attention; needs proof you're real	Accept their Feelings
Is Demanding	Play with Them
Feels guilty for making Parent go Away	Reinforce that you Love them
Talks a lot to bring you Up-to-Date	Find out new things on TV, at Pre-school, in books

5 to 12 Years

Don't feel they're "Good" enough	Review pictures, school work, activities, scrapbooks
Dreads your return because of discipline	Praise what they have done
Boasts about Army and Parent	Try not to Criticize

13 to 18 Years

Is Excited	Share what has happened to You
Feels Guilty because they don't live up to Standards	Listen with undivided Attention
Is concerned about Rules & Responsibilities	Don't be Judgmental
Feels He/She is too old now to change plans to accommodate Parent	Don't Tease about Fashion, Music
Is Rebellious	Respect Privacy & Friends

Your children's behavior should normalize within a few months. However, if your Family had problems prior to the deployment, those problems will not have gone away during the deployment. If the problems persist and you continue having difficulty adjusting after a few months, seek help through one of the following offices:

- Military Family Life Consultants 270-205-1917
- Chaplain's CARE Line 270-798-CARE (2273)
- Military One Source 1-800-342-9647



Safety



You are returning from a high threat, high-risk tactical operation into a controlled environment where you must consciously and deliberately approach risk decisions from a different perspective. You still identify the hazards associated with your on and off duty events and set controls so when you implement your actions you eliminate or significantly reduce the associated risk. This not only protects you, but also your battle buddies, Family members and those in the surrounding communities. Use this guide to re-educate yourself and those under your responsibility on the hazards associated with your new environment and how to mitigate activity risks.

Composite Risk Management (CRM)

This applies to everything you do on and off duty. You've made it home and you may think that you are now invincible. You might be tempted to seek that continued adrenaline rush. Don't be fooled as risk taking here can kill you just as easily as risks associated with enemy action. Continually review the hazards and adjust your assessments and decisions to reflect the threats in this environment. For example, Family trips are not made under the threat of hostile fire; however, speed, fatigue, alcohol and failure to use seatbelts are elements of an ambush just waiting to find a target. Your decisions related to driving techniques, trip length, weather, traffic and route must be adjusted to ensure your sense of urgency is controlled where standards, regulations and laws are not violated. Plan ahead – arrive safe!

Privately Owned Vehicle (POV) Safety:

More Soldiers die in POV and motorcycle accidents in the United States every year than by any other cause. You have survived the combat environment, now ensure that you and your Family members survive travel on the highway. Speed, alcohol, fatigue, and failure to use protective equipment such as seat belts and approved DOT motorcycle helmets are primary factors in POV and motorcycle fatalities. Driver responsibility for passengers is paramount as lack of seat belts can result in ejection during rollovers. Equally important is the use of approved child seats where applicable. Development of individual/family travel plans is a critical consideration since most individuals/units will have block leave following redeployment which will require travel over extended distances. Weather varies across the states so be prepared accordingly. Ensure your vehicle has appropriate emergency supplies. And listen to concerns mentioned by your loved ones – they will notice errors or a lapse of judgment much sooner than you, the returning Soldier.

Pick-Up Truck and Sport Utility Vehicle (SUV) Accident Prevention

The vehicle you drive must be taken into consideration when discussing hazards. Sport Utility Vehicles (SUVs) and pick-up trucks were not designed for operation at high speeds. Under normal conditions, following posted speed limits will enable the driver to retain control when reacting to inadvertent situations. Traveling at speeds beyond the manufacturers' recommended tolerance can result in a rollover situation and possible ejection from the vehicle. Leaders will take appropriate actions (e.g., briefings, training, counseling, and publicity) to enhance Soldier awareness relating to the increased risk and unique handling characteristics of pick-up trucks and SUVs. Counseling will occur prior to any Soldier departing on pass, leave, TDY or PCS (Ref: CG Policy Letter #13).

Protective Equipment

Emphasis must be placed on the use of seat belts during POV operations. Motorcycle protective equipment is required which includes use of a DOT approved helmet. Seat belts are required at all times when operating a POV. Wearing seat belts while operating or riding in vehicles is a critical life saving measure during accidents, especially rollover situations. The driver is also responsible for his/her passengers and will ensure all occupants are properly restrained.

Alcohol and POV accidents

Driving under the influence is a serious violation of discipline and traffic laws. Plan ahead to assure that safe transportation is available. Alternatives to drinking and driving include using a designated driver, taxi, public transportation or a Hotel. Use the buddy system and take care of each other. Don't ruin or lose your life by taking a chance on driving under the influence.

Travel Planning

With the opportunity for block leave to travel and visit family and friends, POV travel planning must occur to decrease the potential for POV related accidents. The United States Army Combat Readiness Center (USACRC) website (<https://crc.army.mil>) contains tools to ensure your trip is sufficiently planned to get safely to the destination and return. As a minimum, all Soldiers will receive a review of their travel plan by first line leaders where POVs are used for travel outside of a 100 mile radius of Fort Campbell. The Travel Risk Planning System (TRiPS). Is the primary tool for trip planning. This tool provides for risk mitigation, provides a printable document which will be reviewed by the first line supervisor, and provides the ability to mitigate medium and highrisk travel to a lower risk. This is an excellent risk reduction program but requires interface between leader and led. If TRiPS is not available, face to face written counseling will occur (Ref: CG Policy Letter #13).

Accident Avoidance

You may be out of practice for highway driving since you may not have been driving or were driving under different operating conditions. Extra attention and focus on driving skills is needed to avoid an at-fault POV accident. Slow down, maintain situational awareness and be aware of driving distractions. To avoid being involved in a POV accident, take a break from driving if distractions create a hazard of inattention. Provide games, books, puzzles and other items to keeps children busy while traveling. Pull over to a safe location to make cell phone calls. All drivers of Army vehicles are required by DoD Policy to take the Accident Avoidance course found on line at the United States Army Combat Readiness Center, (USACRC) <https://crc.army.mil>. The training is listed under on line training and under Combat Readiness University. You will need an AKO account to enter this training.

Motorcycle Safety Training

Specific rider skills are required to operate a motorcycle. New riders are most at risk of being involved in a crash. The Motorcycle Safety Course is required for registration and operation of a motorcycle whether operating on or off post. Motorcycle Refresher Training for all motorcycle riders is required before the end of the 7 ½ day reintegration period. It is critical for new riders to learn the hands-on accident avoidance techniques taught in the training. Leaders will ensure all motorcycle riders have a Motorcycle Safety Foundation (MSF) training course card prior to operation. The course is available by scheduling on line at <https://airs.lmi.org/default.aspx>. For additional information, call 956-0871.

The POV Risk Management Leaders Guide (<https://crc.army.mil>) contains scenarios and vignettes for discussion of POV accident risk factors. The POV Risk Management Toolbox (<https://crc.army.mil>) includes accident prevention initiatives that focus on specific factors contributing to fatal Army POV accidents.

Driving Concerns On/Off Fort Campbell

Pedestrian Safety Briefings

Leaders will ensure Soldiers are equipped with the knowledge for effective management of risk associated with pedestrian activities. To that end, leaders will take appropriate actions (e.g., briefings, training, and counseling) to enhance Soldier situational awareness as required for walking on or near busy

roadways and intersections during daylight periods, periods of limited visibility and periods of increased traffic volume. Informal counseling will be performed IAW CG policy Letter #13.

Local Area Safety Hazards

The following local area safety hazards may be encountered and can lead to potential problems if your tolerance towards others becomes an issue. Road rage and aggressive driving occurs when encountering other drivers who you feel are driving too slow or making mistakes. You may quickly become a risk taker if your patience deteriorates. Being aware of the changes since deployment began will help to place your travels into perspective. The following areas are identified as areas of concern:

ON POST:

- Watch and obey traffic signs. Stop signs have been installed or removed at several locations around post. There are two way stop signs in places where four way stop signs were previously installed and vice versa. New traffic lights have been added at various intersections and speed limits have been changed.
- Lanes of traffic have been changed to create or delete turning lanes. In some cases, thru traffic lanes are now turning lanes and vice versa.
- Gate guards are enforcing standards as defined by their contract, which includes 100% identification checks and interior vehicle checks. They are effective at their mission but require patience and courtesy of the person(s) entering post.
- Access control points have been upgraded. During peak hours, traffic may be up to four lanes wide entering the security check point. These lanes merge to two lanes after the checkpoint in a very short distance. Don't demand or expect the right of way but patiently merge with other traffic.
- Construction on Fort Campbell is everywhere. Stay alert for equipment and workers in or near the roadway and be prepared to slow down. Influx of mobilization units and their equipment increases congestion.
- Fort Campbell Military Police are issuing citations for personnel that are observed while driving and talking on a cell phone on post. In addition, the Military Police are issuing citations for any POV or motorcycle operator that does not use the proper personal protective equipment, (i.e. seatbelts, child restraints, motorcycle specific required equipment).
- Pedestrian cross walks have been added to many areas. Stop prior to the white line when someone occupies the walkway.

ON/OFF POST TRANSITION POINTS:

- All gates are congested at peak traffic times and require your absolute attention.
- Exiting the Gates towards Clarksville requires merging into the traffic flow. Vehicles are forcing themselves into the traffic flow by speeding in the merge lane and assuming the moving traffic will slow to allow them to enter. Use caution and patience, especially if you plan to exit and then immediately cross several lanes. It is better to stop at the yield sign and allow traffic to clear then to force yourself into the traffic flow. Ignore the impatient driver behind you that honks the horn for you to go. He or she will be the next accident victim when their impatience takes over.

OFF POST:

- Road construction off post is widespread and warning signs are in place requiring vehicles to slow to designated speeds, even if work crews are not visible.
- Construction on Tiny Town Road (TN HWY 236), Highway 41A, and the 101st Airborne Division Parkway has been completed; however, the speed limits remain at 45 MPH or less as

posted. Construction on Peachers Mill Road between Tiny Town Road and the 101st Airborne Division Parkway has begun. Adjust your speed or avoid that road if possible.

- Highway 79 towards Dover, TN has sections of the old road and sections of the new road in use with sharp turns transferring from one road to the other.

ADDITIONAL REQUIREMENTS:

Motorcycle Accident Prevention

To reduce our losses and near misses, the implementation and application of the following engagement, training, and tools will occur.

Motorcycle Rider Identification and Counseling

Identification and counseling of motorcycle riders is critical to sustaining a successful motorcycle accident prevention program. Commanders must ensure that procedures are in place to identify and counsel all motorcycle riders at the time of assignment to the unit. Additionally, every leader in FORSCOM is required to identify and conduct face-to-face counseling with motorcycle riders under their immediate supervision.

Motorcycle Operator Training Courses

Motorcycle safety training for both beginner and experienced riders is provided via contract by the Installation Management Command (IMCOM). Motorcycle riders are required to complete the Motorcycle Safety Foundation Course available free of charge for all Soldiers and DOD employees. Permanent Post registration will not be authorized until the course is successfully completed (refer to CAM Regulation 190-5, Motor Vehicle Traffic Regulation and CAM Regulation 385-7, POV Accident Prevention Program for additional information). Two courses are available, Basic Riders Course (BRC) or Experienced Riders Course (ERC) which can be scheduled on line at <https://airs.lmi.org/default.aspx>.

Training for Motorcycle Riders during Re-integration

Motorcycle riders that have been deployed will likely experience skills degradation. A check of current capabilities (skill assessment) will be provided through the Motorcycle Refresher Training (MRT) Course. This course is designed for all Motorcycle owner/operators who hold a Motorcycle Safety Foundation card. The MRT will be completed prior to going on block leave. The course is free to Soldiers and DA Civilians. Scheduling will occur during Day 1 of reintegration. Motorcycle owner/operators who do not possess a valid MSF card will be enrolled in the Basic Motorcycle Course (BRC). This course must be completed prior to operation of motorcycle IAW Army regulations.

Privately Owned Weapons (POW) Safety Training

Soldiers' privately owned weapons must be properly registered and secured while on the installation. Leaders will ensure Soldiers are equipped with the knowledge for the proper handling, storage and security of POWs both on and off post. To that end, leaders will take appropriate actions to ensure Soldiers residing in the billets have a means to secure their POW in the unit arms room. Counseling will be performed IAW CG policy Letter #13, Affecting Readiness through Safety, Training and Leadership.

Remedial Driver's Training Program

The installation has implemented a Remedial Driver's Training Program (OPORD 083-08) that provides a classroom environment to train and verify that high risk Soldiers and Soldiers with suspended licenses meet CAM regulation 190-5 regarding remedial driver's training requirements for license reinstatement. This is a program developed to assist commanders in the implementation of their units remedial driver's training program and is conducted IAW CAM Regulation 190-5, Motor Vehicle Traffic Regulation and 385-7, POV Accident Prevention. CG Policy Letter #13 will be used to identify high risk Soldiers along with daily review of Police Blotter reports, specifically 1805 entries. Alcohol infractions will be dealt

with as outlined in CAM REG 190-5. Contact Rear Detachment G-3 at 270-798-2552 for information and scheduling.

Post-Deployment Safety Topics:

Water Recreation Safety

Many soldiers die each year from drowning while participating in water recreation activities such as swimming, boating, diving, and jet skiing. The following are associated Hazards, Contributing Factors, and Risk Control Measures:

- Alcohol affects swimming ability, judgment, and balance.
- Examples: A Soldier had been drinking and fell overboard while boating with friends and disappeared under the water before he could be rescued.
- A Soldier was swimming with two friends and they didn't notice when he went under. All three Soldiers had been drinking beer and swimming at a local lake all day.
- Risk Controls: Swim in a designated swimming area where life guards are on duty. Choose a swimming location where there are no underwater hazards.
- Boat collisions with other boats can occur due to alcohol use, horseplay, inattention, or when the operator doesn't know the boat traffic rules.
- Risk Controls: Ensure boat operators are licensed and have taken a boating safety course. Jet skiers need to know safe boating rules and wear a life vest.
- No protective equipment - Life vest/preserver. A non-swimmer or weak swimmer who falls overboard without a life vest can drown before rescue efforts can reach him or her.
- Risk Controls: Have a life preserver for everyone on board. Consider the right size vest for children as well. Non-swimmers and weak swimmers should wear a life vest even when they have no intention to enter the water.
- Underwater hazards, - current, undertow, and diving hazards. Rivers, rock quarry ponds, and even beach areas can contain underwater hazards for swimming and diving.
- Risk Controls: Swim in a designated swimming area where life guards are on duty. Choose a safe location for swimming. Know what's under the water.
- No life guard on duty - Swim at your own risk means that trained rescue personnel are not available in case of emergency. Nearly all drowning occurs when and where life guards are not required or are not on duty.
- Risk Controls: Swim in a designated swimming area where life guards are present. Choose a safe location to swim.



HHG, POV & OCIE



Delivery of Personal Property from Storage during Reintegration and Thereafter

Redeploying Soldiers shall request personal property delivery through their Rear Detachment Brigade Point of Contact (BDE POC) while still deployed or at their local Installation Transportation Office (ITO) upon return from deployment. Only non-barracks Soldiers may request delivery in advance of redeployment. If requesting delivery while still deployed a receiving agent to act on the Soldiers's behalf is required.

Procedures for delivery of personal property prior to redeploying are as follows:

(1) Non-Barracks deployed Soldiers may send an email to the ITO requesting the forms required to process the delivery of their personal property. A receiving agent must be designated to act on the Soldier's behalf. The forms are filled out and then returned to the same email address. The Soldier must make their request from their AKO email address. The following email address will be used for the request: CAMP.outbound.personal.property@conus.army.mil. Requests must be made with enough advance notice to allow the ITO to communicate with the Soldier until the shipment has been processed. A three week advance notice is recommended.

Procedures for delivery of personal property upon return from deployment are as follows:

- (1) During the 7 day reintegration process the BDE POC will identify and validate the names, unit, social security numbers, and delivery addresses (including building # and room #) for barracks soldiers requesting personal property delivery upon return from deployment. Non-barracks Soldiers will schedule their deliveries directly with the ITO.
- (2) The BDE POC schedules delivery of personal property through the ITO on behalf of the barracks Soldier, beginning day 1 of reintegration. Doing this will expedite the process and ensure that the Soldier's personal property is available for use shortly after they arrive at home station. The BDE POC is responsible for ensuring the barracks Soldier or individual acting on behalf of the barracks Soldier is present on the day of delivery. Non-barracks Soldiers must ensure they are present at their residence on the day of delivery.
- (3) Once a delivery request is made upon arrival at home station, the ITO will schedule the delivery appointment with the contractor and notify the Soldier within 72 hours as to the date and estimated time of delivery. Actual receipt of property might be later than 72 hours.
- (4) The Soldier or BDE POC must be present on the day of delivery. A missed delivery appointment will further delay the receipt of property and may result in an attempted delivery fee charged to the Soldier.
- (5) All changes to the delivery information must be made in writing by the Soldier. This includes adding a receiving agent and/or changing or rescheduling a delivery date.
- (6) The storage contractor will provide the Soldier with a copy of the HHG inventory. This inventory must be reviewed carefully prior to signing. The Soldier should make note of any missing items or damage to personal property on the DD 1840 provided by the contractor at the time of delivery. After the day of delivery, any items found to be missing or damaged will be noted on the reserve side of the DD 1840. Soldiers who stored property prior to 1 March 2008 have 70 days from receipt of personal property to file the DD Form 1840R with their local Army Claims Office. Soldiers who stored property 1 March 2008 and after have 75 days to file with the storage contractor AND their local Army Claims Office.
- (9) Soldiers who have property in storage and have not been scheduled for delivery during the 7 day reintegration must setup delivery with the Personal Property office within 90 days from return of deployment. If the property is not removed from storage within 90 days from return, the storage cost will convert to the Soldier's expense.

Withdrawal of Privately Owned Vehicle (POV) from the Fort Campbell POV Storage Facility

- (1) It is a unit responsibility to ensure that Soldiers have (1) a valid driver's license, (2) reinstated their insurance, and (3) have current vehicle registration prior to the withdrawal of a POV from the Fort Campbell POV Storage Facility. Sections I, II, and III of FC Form 2005, POV Inspection/Vehicle Owner Information must be completed and signed by the unit commander or authorized representative before a Soldier's POV is released from the Fort Campbell POV Storage Facility.
- (2) Appointments for withdrawal of POVs must be coordinated, by either the unit or supporting BCT, by calling Mr. Ray Stamps @ 798-2280, or Mr. Greg Berty @ 798-2820. NOTE: It is essential appointments be coordinated as far in advance as possible to allow storage site personnel time to prepare the vehicles for release. Soldiers going to the storage site without an appointment may experience delays or may not be able to withdraw their vehicle, as those having appointments will be waited on first.
- (3) Transportation from the unit area to the POV storage site (Campbell Army Airfield) will be provided for groups requiring transportation. Coordinate pickup point when scheduling appointments.
- (4) POVs are released only to the Soldier or person that stored the POV, or an authorized agent with a Power of Attorney authority. A photo ID is required.
- (5) The Soldier and storage site personnel will conduct a joint inspection of the vehicle prior to the vehicle being released. New/non pre-existing damages to the POV while in government storage must be jointly annotated and endorsed with signatures on the inspection form before release of the POV.
- (6) If there is a loss and/or damage to the vehicle and the Soldier wishes to file a claim against the U.S. Government, the Soldier should contact the local SJA Claims Office for processing information. A claim must be filed within two years from the date the vehicle was released from the storage lot, or two years from the date the Soldier received notice of the damage.

Turn-in of Organizational Clothing and Individual Equipment (OCIE)

All ACU/RFI fielded items that are not transferable are identified on the Soldier's CIF Clothing Record under the PCS and ETS Transferrable columns. Soldiers deployed for 30 days or more may retain the ACU, FRACU and the A2CU uniforms that were issued for deployment. The uniform is non-recoverable but will remain on the CIF Clothing Record per DA Message ALARACT 093/2008 Army Policy for Combat Uniforms Issued as Organizational Clothing and Individual Equipment (OCIE) to Deployers'.

If a Soldier's OCIE item(s) were lost, damaged, destroyed, or turned in to a facility other than unit supply without proper documentation, the unit supply sergeant should be informed immediately.

Based on the situation, unit supply will process one of the following adjustment documents:

- A Commander's Damage Statement for any item(s) that has been damaged other than fair wear and tear; and negligence is NOT suspected.
- A Statement of Charges/Cash Collection Voucher (DD Form 362) when liability for the loss/damage is admitted AND the loss or damage does not exceed the Soldiers monthly basic pay.
- A Financial Liability Investigation of Property Loss (DD Form 200) is initiated when:
 - The liability for the loss/damage is admitted AND the amount of loss or damage exceeds the monthly basic pay.
 - Negligence is suspected of causing the loss or damage, but liability is NOT admitted.
 - The OCIE was turned in to a facility other than the unit supply.

Unserviceable OCIE (fair wear and tear) may be direct exchanged at the CIF. This does not include certain items issued during the ACU/RFI Fielding.

Upon PCS or ETS all OCIE and ACU/RFI fielded items that are not transferable will be turned in to the Central Issue Facility (CIF). Lost, damaged, or destroyed items must be accounted for using one of the adjustment documents referenced in paragraph 2b, above. All items turned in to the CIF must be clean, whether serviceable or unserviceable.

The turn-in, transfer, and retention policy on OCIE and ACU/RFI items has been changing and may be different when Soldiers clear the CIF. Recommend Soldiers check with unit supply personnel and follow procedures as listed in the Retained Issue Implementation Plan Mar 08 prior to attempting to clear CIF on PCS or ETS.

CURRENT LIST OF TRANSFERRABLE OCIE:

B13907	BAG BARRACKS	DA6593	POUCH,GRENADE,HAND
B14729	BAG DUFFEL	DA659E	STUFF SACK,LARGE
B15825	BAG CLOTHING WATERPROOF	DA7029	HELMET,ADVANCED COMBAT
C28472	COVER HELMET CAMO	F30117	COVER WATER CANTEEN 2QT
C96399	CANTEEN WATER PLASTIC 2QT	F54817	CUP WATER CANTEEN
C96536	CANTEEN WATER PLASTIC 1QT	G39744	GAITER NECK POLYPRO
DA1556	ELBOW PAD	G63382	GLOVE SHELL INTERMEDIATE
DA1588	PAD KNEE	H46744	HOOD COLD WEATHER
DA6504	BAG SLEEPING	H53175	HELMET,ADVANCED COMBAT
DA6506	BIVY COVER SLEEPING BAG	HA4038	SPECTACLE KIT, INTERCH
DA6508	FIELD,BUTT & BACKPACK	HA4064	GOGGLES INDUSTRIAL
DA650F	PACK,FRAME,MOLLE	HA4078	GOGGLES INDUSTRIAL
DA6517	BELT,MOLDED WAIST	J65858	GLOVE INSERTS NYLON
DA651E	BLADDER,HYDRATION SYSTEM	L00210	INTRENCHING TOOL HAND
DA6529	MAGAZINE POUCH,MOLLE	L70172	LINER COLD WEATHER COAT
DA652Q	CARRIER HYDRATION SYSTEM	L70789	LINER WET WEATHER PONCHO
DA652Z	SHOULDER STRAPS,FRAME	M24944	MAT SLEEPING SELF INFLATING
			PARKA WET WEATHER
DA653U	STUFF SACK,SMALL	P05813	WOODLAND
DA6545	CARRIER,ENTRENCHING	P17415	PONCH WET WEATHER
DA654N	SLEEP BAG ICW	P69699	PARKA COLD WEATHER GORTEX
DA6553	STUFF SACK,COMPRESS	S04834	SHIRT COLD WEATHER
DA655K	CARRIER,FIGHTING LOAD	T38070	TROUSERS WET WEATHER
			TROUSERS COLD WEATHER
DA655V	SUSTAINMENT POUCH	X36109	GORTEX
DA6562	M4 STOCK MAG POUCH	YY1710	BELT HIGH VISIBILITY
DA6563	POUCH,GRENADE	YY1890	SLEEPING BAG BLACK
DA657E	PACK,ASSAULT,MOLLE		
DA657R	RUCKSACK LARGE FIELD		GEN III SYSTEM
DA657S	BUCKLE,MALE SHOULDER	D74812	DRAWERS COLD WEATHER
DA657W	LOAD LIFTER ATTACHMENT	DA152R	DRAWERS LIGHT WEIGHT
DA6588	POUCH,CANTEEN-GENERAL PURPOSE	DA156G	JACKET FLEECE COLD WEATHER
DA658H	POUCH,MAGAZINE	H35250	HOOD ANTI-FLASH
DA658R	BIVY COVER	S08535	SHIRT COLD WEATHER
DA658Z	BAG,PATROL		

Vehicle Registration Office Directorate of Emergency Services



All vehicles operated on the installation must be registered with the Directorate of Emergency Services.

Requirement for Installation Registration

- Valid/current state driver's license
- Valid/current state vehicle registration
- Proof of current vehicle insurance

(Motorcycle operators must have a motorcycle endorsement on their state operator's license and a completion card for an approved Motorcycle Operators Safety Course)

Permanent vehicle registration must be obtained within ten (10) days of arrival at the installation or acquisition of the vehicle.

Permanent and temporary registration can be accomplished at Gate 4, (24/7) and Gate 7 (0500 – 2100 Daily).

Permanent Vehicle Registration Decals

- PASSENGER VEHICLES: Decals (DD Forms 2220) must be permanently affixed to the top center or bottom drivers side of the front windshield.
- MOTORCYCLES: Decals (DD Form 2220) must be permanently affixed to the front fork of the Motorcycle, in such a manner that permits easy viewing by Security personnel.

General Information

- **100% ID check** is in effect at all Gates.
- Use of cellular phone while driving is **prohibited**.
- Personnel with previously revoked/suspended driving privileges must apply in writing for reinstatement.

Weapons Registration and Possession

It is unlawful and a criminal offense to carry or possess any nongovernment owned weapon on post unless it has been properly registered with this office.

All individuals residing in on post family housing may store their registered privately owned weapon(s) (POWs) in their quarters.

Soldiers living in the barracks must store their privately owned weapons in the unit arms room.

(Weapon(s) will not be taken/possessed/stored in the troop living areas)

Weapons will not be concealed.

Weapons will not be stored in POVs.

Weapons may only be transported to and from post, hunting areas and sanctioned gun shows.

(Bow and arrow and crossbows are subject to the same control as firearms)

Useful Telephone Numbers:

- Fort Campbell Police 798-7111/7112
- Gate 4 Visitor Center 798-5047/5049
- Gate 7 Visitor Center 956-4488/4495
- Safety Office (Motorcycle) 956-0876

Chaplains



Homecoming and Reunion

Your nation called upon its finest and you defended her. You helped preserve the highest ideals for which she stands. You have served with honor at great risk. You have sacrificed much in this defense. We know that this commitment is equally borne by your family. This has been a time of testing that has left you and your loved ones weary physically, mentally and spiritually. Chaplains offer you support, encouragement and insight as you redeploy. You will receive briefings for reunion and reintegration, communication, suicide awareness, anger management, and intervention. Additionally, chaplains are available to provide counseling and pastoral care, and to assist with referrals for additional help and care. We will provide retreats and other programs for you whether single, married or a single parent to further this process.

All redeploying soldiers and civilians are provided various means for personal, family, and community reunion and reintegration. The goal is to reestablish personal relationships, to deal with any internal struggles and to ensure individual and unit readiness. Chaplains work with the other agencies (ACS, mental health, and school system, to name a few) to assist in the process of helping you get to your new “normal.”

There is no doubt that on your return you will discover that things have changed for you, your friends and your family. What needs to be emphasized is that change is constant; and with effort on everyone’s part, change can be positive and beneficial. Make time to share your story with your loved ones. Equally important is that you give them your attention when they share their story with you. Deployment is always a team effort, and it causes life to get more complicated for everyone involved. We, as your Army family, are prepared to assist you in your transition from deployment to home station. As chaplains we are much concerned about helping you grow in your spiritual insights.

Remember, it is not always easy to adjust to being back. Many of the experiences you and your loved ones have had are difficult emotionally and may affect you and your relationships for some time. If it seems that you are struggling--as many of us do post deployment--talk to your local chaplain or other helping agency. Do not hesitate to share your concerns. Reintegration takes time and patience, but it can be fulfilling. The important part is to use a healthy process which includes the support you need. We are here to support you in any way that we can.

Do not think that your problems are unique. You are not alone. We are here to help and guide you. Note the contact numbers provided later in the appendix.

CARE LINE	24/7	798CARE (2273)
Community Chapel	Bldg 6721	798-4229
Grace Chapel	42nd & Indiana Ave	798-3446
Hope Chapel	Bldg 7514	798-7551
Memorial Chapel	54th & Indiana Ave	798-2066
Peace Chapel	7th & Indiana Ave	798-6125
Soldiers Chapel	30th & Desert Storm	798-4311
Family Life Center	Bldg 719, Mississippi St	798-3316
Fellowship Chapel “The Bridge”	Bldg 3032, Reed St	798-3327
Installation Chaplains Office	Bldg 3101, Indiana Ave	798-6124
Installation Senior Catholic Priest	Bldg 5875	798-3840
Installation Orthodox Christian Priest	Bldg 3212	798-3306
Hospital Chaplain	BACH	798-8777
Blanchfield Hospital Chapel	BACH	798-8464
Religious Education Center	Bldg 2207 Indiana Ave	798-3185
Club Beyond (Youth)	28th and Indiana Ave	798-6452

Reunion Information

The reunion phase actually begins a couple of weeks before the parent's return as the child begins to anticipate the reunion. Children feel a mixture of excitement and fear during this time. They will be wondering what the reunion itself will be like and questioning: How has "Mommy/Daddy changed? Will he recognize me? Will she know who I am?" This phase can actually be the most difficult for children, so support from parents and teachers is especially crucial as the deployment nears its end.

Parents

Parents should thoroughly discuss the homecoming with their children. Both the deployed parent and the caregiver should raise the subject with children in advance of the reunion so children will have a chance to prepare for the return.

Caregivers, talk with your children about their excitement and concerns. Let them know it's normal to be nervous. Talk about all the updates children can share with the returning parent and guess what she/he may have to share with you.

Plan special events and activities for the deployed parent's return. Creating handmade "welcome home" signs and planning to cook a favorite food or meal will help make the upcoming reunion seem more real. If children have an important project or event coming up in school, make plans to involve the deployed parents when they return.

Deployed parents should express their excitement to be with their children again. Tell them what has changed about you. Let them know you can't wait to see and hear about their changes a new haircut, new friends, their new favorite book or subject in school.

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Educators

Teachers should note the date of parents' returns and pay special attention to the affected students during the time surrounding the reunion.

Reunions, though happy, are stressful for the whole family. Children might assume that everything will be exactly as it was before. Let them know that it will take time for everyone to adjust and that this is part of the process. Anticipate that it may take several weeks for things to settle into a new routine.

When things have settled down, set aside a special time to talk about school. Look over old homework and tests. Talk about ways to be involved in ongoing and future school projects. Children will have established a pattern of going to the parent that stayed home for educational support. Caregivers should encourage children to seek help from both parents. The returning parent should make a special effort to discuss school and school activities; by talking about it, children will see that it is important to you.

Create a special project that allows students to express their feelings: make a welcome home card or write a letter about "The Things I Missed Most About You" or "Why I'm Proud of My Daddy/Mommy."

Discuss new behavior during this period with the student's caregiver. If possible, talk or write to the deployed parent about concerns you have so they have the information before they return home.

If a student seems especially apprehensive, consider planning a counseling session for the student to talk about his or her concerns or invite the counselor to talk to the class about reunions.

Invite the returned parent to class. The whole class can benefit from hearing about the parent's trip. This also contributes to a students' sense of pride in their parents and the difficult job that he or she completed.

I AM THE DAUGHTER OF A SOLDIER

*"I am the daughter of a soldier.
I am afraid,
to see him in uniform,
to watch him practice for the unthinkable,
to hear the planes of war overhead,
knowing that one day the call will come to take my Daddy away.
I am the daughter of a soldier.
I am proud,
to know what my father represents is good,
who he protects is innocent,
and the ones that he fights are evil.
I am the daughter of a soldier.
I am strong;
I must be willing to give my father to
those who need him more,
ignoring the pain in my heart when he must go.
I am the daughter of a soldier.
I have courage,
when I look into my father's eyes,
I see his courage.
I see his pride.
I see his strength.
I see what no one else can see,
I see my father."*

By Haylee, 8th Grade Kaiserslautern Middle School, Germany

Deployment Reunions and Children

Deployment reunions and reintegration are a process, not an event. The process requires time and effort. Stress levels may remain high up to seven months post deployment. School is a setting that remains the same for the child of a deployed parent. Therefore, it is an important part of their life. Families and schools working together help children adjust to the changes inherent in deployment reunions and reintegration.

Tips for Parents:

- Talk with your children before the service member comes home much as you did when the parent was preparing to leave.
- Tell your child's teacher about the return of the military parent from deployment.
- Use the services of the Family Support Center and Army Community Service to help address the special challenges of wartime deployment reunions and reintegration.
- Know that children's behavior will greatly depend on how their parents renegotiate, compromise, and communicate.
- Take care to avoid abruptly shifting love and attention from the children to the returning Spouse.

Help children understand that they have changed while the parent was away, AND that the parent has changed, too. Assure them that even though the parent may look or act differently than the child remembers, the returning parent is their same father or mother that left and that loves them.

Understand that children may experience a variety of feelings:

- Happy that they will be seeing the parent again.

- Afraid that the parent will not like the way they have changed, or that the parent will leave again.
- Excited about being able to share some of their favorite activities again.
- Proud that their parent is doing an important job for our country.
- Jealous of the time and attention taken from them and now given to the returning parent.
- Worried that all these feelings are not normal.
- Know that the children may not respond to discipline from the returning parent because of loyalty to the parent that remained behind. Children may test the limits of the family rules to find out how things may have changed with the return of the deployed parent.

Go slowly and let the children set the pace in accepting the parent back. Plan some special time for just the child and the returning parent to get reacquainted.

Take care of yourselves and your relationship so that you are available for your children.

Tips for School Personnel:

- Utilize materials provided by Family Support Center and Army Community Services with students to assist them with the deployment reunion process.
- Communicate with parents if new, concerning behaviors begin to be displayed.
- Children are good indicators of what is happening in the family.
- Understand that the unification process occurs during the three-four weeks following the return of the deployed parent, and the reintegration phase occurs after that.
- Be patient with families as they work through this process.
- Listen as children talk about the coming home experience.
- Allow children to miss school to spend time with their reunited family with no penalties.

Tips for Children:

- Make a special card or sign to welcome your parent home.
- Write a letter to your returning parent and tell of the ways you have changed. Ask how he or she has changed, too.
- Share your parent's time with other family members
- Be patient if things seem uneasy at first. Everyone will need to adjust.

Prepared by H. Hasenbuhler, November 2003

School Psychologist, DoDDSEurope

Sources of information: NASP Communiqué; Scriptographic Booklets by Channing L. Bete Co., Inc.



Medical & Dental



Medical Processing

To ensure Soldiers and civilians return home healthy, a post-deployment health screening (DD Form 2796) will be conducted before they leave the theater they are deployed to. This screening will—

- Include an in-depth interview with a physician, physician assistant, or family nurse practitioner.
- Document any medical problems or exposures to any potentially hazardous situations during the deployment and will assess the Soldier's or civilian's current level of mental wellness.

The results of these assessments will be placed in the deployed health records (DD Form 2766) and transported by each individual soldier or unit to Fort Campbell. A designated individual will collect the DD2766 as the soldiers exit the aircraft. A provider in the Division Surgeon's office and/or SHS will screen each soldier's DD2766 to determine which individuals are in need of further screening by a healthcare provider during the medical SRP process. Providers at the SRP Site will enter the appropriate referrals for soldiers in need of further care. Soldiers will have time during reintegration week to schedule needed appointments based on Medical necessity. Soldiers are not allowed to go on leave until the 7-day reintegration schedule is completed. Soldiers will complete a Post Deployment Health Reassessment, DD 2900, 3-6 months after redeployment, including an interview with a healthcare provider and their second Post-Deployment TB skin test.

Returning civilians will go through a process similar to that above and will receive extended healthcare for deployment-connected conditions.

ALCOHOL

High-Risk Drinking

High-risk drinking is any drinking of alcohol resulting in mental impairment.

High-risk drinking is associated with—

- Arrests.
- Assault.
- Child abuse.
- Exposure to sexually transmitted diseases.
- Injuries and death.
- Property damage.
- Sexual assault.
- Spouse abuse.

Alcohol Poisoning

Alcohol poisoning can result from drinking large amounts of alcohol over a short time period. The BAC (Blood Alcohol Concentration) rises rapidly and the body is unable to process the high alcohol level. Alcohol depresses the central nervous system, resulting in—

- Slow, irregular breathing.
- Pale, bluegray skin tone, and blue lips.
- An unconscious and unresponsive person.

Alcohol poisoning is an emergency and requires medical attention.

Lack of medical attention could result in—

- Respiratory arrest.
- Cardiac arrest.
- Death.

Watch out for your battle buddy. You covered each other while deployed; now cover each other back home. It is better to have someone angry than to have someone dead.

DEPARTMENT OF SOCIAL WORK

Phone: During duty hours: 798-8601
After duty hours: 798-8400 (hospital operator)
FAX: 798-8239
Location: Bldg 2523, 22nd Street
Hours of Operation: 0730-1630 Mon-Fri

On-call staff is available through the hospital operator after duty hours and on weekends and holidays.

The Department of Social Work (DSW) consists of the following services: Family Advocacy Program; Marriage and Family Therapy; and Hospital Social Work. The Department of Social Work Service provides assessment and counseling services for individuals, couples, and families.

Family Advocacy Program

Mission: The Family Advocacy Program (FAP) is designed to break the cycle of abuse as early as possible and to provide treatment for affected Soldiers and their families. FAP provides assessment and counseling services for victims, offenders and families where child abuse/neglect or Spouse abuse has occurred. Services are also offered to families "at risk" for incidents of domestic violence.

The Family Advocacy Program is the Reporting Point of Contact (RPOC) for all allegations of child abuse/neglect and Spouse abuse. All installation Law Enforcement Personnel, Physicians, Nurses, Social Workers, School Personnel, CDC, Youth Services Personnel, Psychologists and other medical personnel are mandated reporters and are required to report suspected cases of abuse/neglect to the RPOC. All Commanders will report allegations of abuse involving their soldiers to the RPOC.

Procedures to schedule appointments: Individuals may walk-in or call for an appointment. Referrals are also taken from friends, family members, command, physicians, military police, and various other civilian and military agencies. All allegations of abuse will be screened immediately and scheduled for an assessment at that time.

Scope of Services: Services include individual, marital, family and group therapy to address anger control, communication skills, relationship enhancement and parenting skills. FAP offers Domestic Violence, Anger Management, Parenting and Victim's Support groups. Treatment services are offered to all eligible beneficiaries. There is a FAP Social Worker on call after normal duty hours and on weekends to address child abuse/neglect and adult abuse emergency cases. Call the hospital operator at 798-8400 and ask to have the domestic violence social worker on call paged.

For FAP Prevention and Education services, please call 798-4191 or 798-2045.

For FAP Victim Advocacy services, please call 956-3737. Emergencies call 911.

Marriage and Family Therapy

Mission: The Marriage and Family Therapists (MFT's) are specially trained counselors in relationship issues, dedicated to helping individuals, couples and families handle problems in a healthy way.

Procedures to schedule appointments: Individuals may walk-in or call for an appointment. Referrals are not required.

Scope of Services: Services include individual, couple, family and group counseling. The therapists practice a short-term, solution-focused therapy, with a focus on improving communication and problem solving.

Hospital Social Work

Mission: Hospital Social Work (HSW) in Blanchfield Army Community Hospitals (BACH) one source for information, consultation, resources, and education. HSW is available for consultation for inpatient and outpatient care and assists with linking up patients to available resources.

Procedures to schedule appointments: Individuals may walk-in or call for an appointment. Referrals are not required.

Scope of Services: Services include, but are not limited to:
Counseling for social or emotional problems impacting health
Information and referral to community resources
Persons / families in crisis
Social problems during pregnancy or postpartum
Coping with chronic illness or disability
Life threatening illness / Grief and bereavement
Family Caregivers needing assistance
Stress Management / Patient Education
Sexual Assault Care Coordination

TRICARE

If you need to see a doctor while on leave, please contact TRICARE for the nearest preferred doctor or hospital.

931-431-4677 Blanchfield Information/Appt line
Bldg 2525 22ND ST & Indiana (Tricare Service Center)
1-800-444-5445 TRICARE South Region
www.humana-military.com

Warrior Transition Battalion

The Warrior Transition Battalion (WTB) consists of a core network of caring individuals who are able to enhance the welfare of all WTB Soldiers through case management, Family outreach, and support. The commander's intent is to provide an opportunity for Family members to mutually support and assist each other during their Soldier's transition period.

Warrior Transition Battalion Mission Statement:

"To provide command and control, primary care, and case management for Warriors in Transition; to establish conditions for healing; to promote the timely return to the force or transition; and to continue serving the nation as a Veteran in their community.

Warrior Transition Battalion Operations: 270-956-0563

Ombudsman: 270-798-8827/270-956-0215 (neutral advocate for the Warriors in Transition and their families)

Dental Processing

During reintegration, all redeploying Soldiers will have a dental examination. If a Soldier is experiencing an acute dental condition, an attempt will be made to address and treat that dental condition immediately, or receive an appointment NLT within 2 duty days.

Soldiers in dental readiness classification 3 will have priority for dental appointments. The Army goal is to have all Soldiers removed from dental-readiness class 3 within 90 days after block leave. Dental-related questions should be submitted to the unit's supporting dental treatment facility.



Army Community Service Center



FINANCIAL READINESS

270-798-5518

Hours of operation Monday through Friday 08:00-11:30– 12:30-16:30

FINANCIAL READINESS AND CONSUMER AFFAIRS

Provides personal financial readiness and consumer affairs prevention and education programs for Soldiers, reserve components, DA civilians and Family Members. Assists unit commanders and leaders in training Soldiers and Family Members in personal financial readiness to include: the military pay system, checkbook management, and Soldier's financial responsibilities to themselves, their Family Members, and their creditors.

Confidential Financial Counseling

Call for an appointment. 270-798-5518

- Focuses on improving the client's personal financial skills, such as budget development and financial planning. Also provides informational services on developing a spending plan, managing personal finances, evaluating assets and liabilities and improving a client's ability to perform as an informed consumer.
- Financial Readiness Program provides financial management training through scheduled classes, one-on-one financial counseling, workshops, and seminars to help Soldiers and Family Members improve their financial stability.
- Investment and savings counseling to inform clients of various investment options and plans.
- Family Subsistence Supplemental Allowance (FSSA) is an additional entitlement based on household size and income. If qualified, you can receive up to \$500.00 (non-taxable) per month. For more information go to www.dmdc.osd.mil/fssa/
- Debt Liquidation Program: Call for an appointment: 270-798-5518.
 - For those having difficulty meeting current financial obligations. Establish a workable plan to repay creditors. Avoid the discrediting and long term affects of bankruptcy. Develop a budget to avoid future problems.
 - Accelerate paying off debts, avoid bankruptcy, and reestablish your credit by enrolling in the Debt Liquidation program. Counselors can reduce your monthly debt and negotiate payment plans with your creditors.
 - Consumer Complaint Resolution: No appointment necessary 270-798-5528
- Consumer Affairs provides consumer complaint resolution, mediation, and referral assistance for both local and national complaints.
 - If you feel your consumer rights have been violated, you can file a DA Form 5184-R, Consumer Complaint and submit it to Consumer Affairs. When filing a complaint, please attach copies of all relevant documents (e.g. warranties, bills of sale, correspondence with businesses, etc.)
 - Consumer Affairs assists with pre-purchase advice on large purchases and vehicle purchasing by informing the clients on market trends and how to become a better consumer
 - Provide price comparison on any large purchase
 - CARFAX for free on all used vehicles and counselors will research Kelly Blue Book and NADA for price comparison
 - Consumer Affairs will review all contracts to inform clients of terms and conditions. Contracts should be reviewed prior to signing.

- Consumer Affairs stocks many publications from the Federal Trade Commission, Tennessee Office of Consumer Affairs, and various other state and federal resources

Educational Information/Services

A wide variety of personal finance and consumer education classes are available for presentation to Units and Family Readiness Groups.

- Check Writing classes are held every 1st & 3rd Wednesday from 9:00 to 11:00
- Money Management classes are held every 2nd & 4th Wednesday from 9:00 to 11:00
- How to Buy a House classes are held 2nd Tuesday each month from 13:00 to 15:00

Classes are held at ACS, 5661 Screaming Eagle Boulevard Call to schedule a class/briefing for your Unit, Family Readiness Group, or Community Agency @ 270-798-5518. Classes are also conducted for deployment and reintegration

ARMY EMERGENCY RELIEF

270-798-5518

Hours of operation Monday through Friday 8:00-11:30– 12:30-16:30

The Army Emergency Relief (AER) provides financial assistance to active duty Soldiers, Family Members, retirees, widows or widowers and orphans of deceased Army personnel during times of valid emergency need. It provides interest free loans or grants to those who qualify for financial assistance.

AER can assist with the following:

- Non-receipt of pay or loss of funds
- Purchase of food to prevent privation
- Payments for initial rent and deposits, or to prevent eviction, and foreclosure
- Travel expenses due to emergency situations
- Payment for POV to prevent repossession
- Funeral expenses when it is established that the Soldier is required to pay, or share in payment of, funeral expenses for dependents or parents where there is no insurance
- Repairs to essential POV and the cost to operate
- Initial payment to maintain vehicle insurance or payment to prevent cancellation
- Payment of required utility deposits or payment of bills to prevent termination of utilities
- Payment of medical, dental, and hospital expenses when they cannot be deferred through usual repayment period

MG JAMES URSANO SCHOLARSHIP FUND

Army Emergency Relief is dedicated to "Helping the Army Take Care of Its Own"

Army Emergency Relief (AER) is a private nonprofit organization with the primary mission of providing financial assistance to Army Soldiers and their dependents in time of valid emergency need.

The MG James Ursano Scholarship Fund administered by AER was established in 1976 as a secondary mission to help Army families with the cost of post secondary undergraduate level education, post secondary vocational training, and preparation for acceptance by service academies for their dependent children.

SCHOLARSHIP PROGRAM ELIGIBILITY

Applicants must be ...

- Dependent children, stepchildren, or legally adopted children of Army Soldiers on active duty, retired, or deceased while on active duty or after retirement. The children of Gray Area Retirees are also eligible.
- Registered in the Defense Eligibility Enrollment Reporting System (DEERS). You can check your status at 800 538-9552.
- Unmarried for the entire academic year.
- Under the age of 23 for the whole academic years (AY).

Army Emergency Relief is expanding the Spouse Education Assistance Program (SEAP) to eligible Spouses residing within the United States effective with Academic Year (AY) 2006/2007

SPOUSE ELIGIBILITY

This program is for the Spouses of active duty Army Soldiers and the widows and widowers of Soldiers who have died while on active duty. The Spouse, widow or widower must reside within the United States. The purpose of the program is to assist Spouses in furthering their education to afford them increased occupational opportunities.

SCHOLARSHIP GUIDELINES

- Applicants must be enrolled, accepted, or pending acceptance as full time dependent students for the entire academic year in post-secondary school for undergraduate study. Full time attendance is required at the school accepting the scholarship funds. These schools must be accredited by the U.S. Department of Education.
- Scholarship applicants must maintain a cumulative grade point average (GPA) of at least 2.0 on a 4.0 grading scale for funds to be disbursed.
- Awards are primarily based on financial need, as evidenced by income, Family size and special financial obligations.
- This financial assistance scholarship is a GRANT and awarded based on financial need as evidenced by income, assets, Family size and special/unique financial obligations or circumstances. Applicants will be required to provide a copy of the Student Aid Report (www.fafsa.ed.gov)
- The scholarships will be awarded annually for up to four academic years to attend post secondary school FULL TIME for the entire academic year as undergraduate level students.
- Spouses must apply every academic year
- Students must maintain at least a cumulative 2.0 Grade Point Average (GPA) to be eligible for the scholarship.
- Scholarships are for undergraduate courses only at a postsecondary or vocational institution approved by the U.S. Department of Education. This program is not open to Spouses who already have an undergraduate degree.
- Applications are available on our web site and at AER sections

Learn more information about the scholarship program at www.aerhq.org

Military and Family Life Consultants

Provide confidential support to Soldiers and Family members on a variety of difficult issues, including:

- Pre-deployment planning

- Relationship conflicts
- Separation and loneliness
- Parenting and discipline
- Stress and anger management
- Grief, trauma, fear, and loss
- Reunion, reintegration, adjustment
- Recognizing combat stress

Our role is to provide short-term intervention, education, and skill building.

- All services are voluntary, free, and confidential.
- Consultants can meet with clients on and off post! No records are kept. No information is released.*
- Also available to address your group at your specified location
- For additional information or to schedule an appointment call: (270) 206-0439 or (270) 997-0103 or (270) 205-1917 (must dial the area code)
- Walk-ins welcome at the FRC just inside Gate 1. Office hours 8 to 4 or call for an appointment

*Except in cases of child abuse, domestic violence, or when a person is a danger to self or others.

ACS FAMILY ADVOCACY PROGRAM (FAP)

ACS FAP provides the following

- Parenting Workshops
- 1,2,3,4 PARENTS (For those with children 1-4 years old.)
- Active Parenting Now (For those with children 5-12 years old.)
- Strengthening Stepfamilies
- For remarried couples with children. Topics include predictable stages of a blended family, effective communication, resolving conflicts, building the couple relationship & discipline.
- Couples' Communication
- A 7 hour workshop highlighting the differences in male/female communication patterns. Understand communication skill, learn relationship "stoppers" and learn the different degrees of issues in intimate relationships.
- New Parent Support Program
- Home Visits (Voluntary & arranged at your convenience.)
- Play Morning
- An interactive playgroup for parents and their children up to the age of three. Meets weekly.
- New Parent Workshop
- This 2.5 hour workshop will help supply parents with information they need to go through this challenging time of changing family roles. Topics include: community resources, basic infant care, parenting skills, tips for toddlers & safety. Meets monthly.
- Unit Education & Training Family Violence Awareness
- A one hour educational program on the dynamics & cycle of family violence. Also includes information on the prevention/education resources available. This training is required for all Active Duty Soldiers annually per AR 608-18.
- NCO Guide To Prevention
- Targets E5s-E8s to provide an opportunity to share experiences, gain information and develop skills so the NCOs can be better prepared to assist Soldiers and Families in this changing Army environment. Assists NCOs in catching problems at their lowest levels.

Victim Advocate Program

Victim Advocates (VA) are available 24/7 to respond to victims of both domestic abuse and sexual assault. The program offers the following services: coordination of emergency services for victims and their children, emergency relocation coordination, safety planning, education and explanation of reporting options, assistance in obtaining military and civilian protective orders, court advocacy, assistance in addressing needs and concerns by linking and brokering services, and communication with command.

IMPORTANT PHONE NUMBERS

Family Advocacy Victim Advocate Coordinator: 270-956-3737

BACH, Department of Social Work 270-798-8601

Fort Campbell Police: 270-798-7111/7113

Fort Campbell's Family Life Center: 270-798-3316

Safe House: 931-552-6900

Sanctuary: 270-866-8174

National Domestic Violence Hotline: 1-800-799-7233

Military One Source: 1-800-342-9647

THE REPORTING POINT OF CONTACT FOR SUSPECTED ADULT PARTNER ABUSE OR CHILD ABUSE/NEGLECT IS THE DEPARTMENT OF SOCIAL WORK AT 270-798-8601.

Sexual Assault Prevention & Response Program

- Designed to create a climate that encourages victims to report incidents of sexual assault without fear.

EMPLOYMENT READINESS PROGRAM

The Family Employment Readiness Program (FERP) is an Army Community Service Program that provides information and services in the areas of career planning and job search through workshops, seminars and one-on-one counseling. FERP has on hand job lead books which list Appropriated Fund (AF), Non-appropriated Fund (NAF) positions, Kentucky and Tennessee job listings, along with a variety of positions from local employers. AF and NAF positions may also be found online at www.cpol.army.mil.

Our goal is to assist Families with the challenges associated with the job search—particularly as they are impacted by the Army's mobile life style. FERP services are provided to Spouses of Active Duty Personnel, Retirees, DoD Civilians, Surviving Spouses and their Family Members.

We are located at 5661 Screaming Eagle Blvd, Room 118. For additional information call the following phone numbers, 270-798-4289/0268/4412.

ARMY FAMILY TEAM BUILDING PROGRAM (AFTB)

AFTB Is a program designed to teach Spouses, civilians and Families how to be self reliant while in the Army. There are three AFTB levels for Family members, military, and civilian employees. All 32 classes discuss issues from an individual and leadership perspective. Topics include: community resources, financial readiness, stress management, creative problem solving, and leadership skills. Individuals can receive training on a voluntary basis through the AFTB Program (Levels I, II, or III), located in Building 1501 William C. Lee blvd (FRC) Office 102. 270-798-4800 <http://fortcampbellmwr.com/ACS/aftb>

ARMY FAMILY ACTION PLAN PROGRAM (AFAP)

Is a grassroots program put in place to ensure standards of living and working in the Army keep pace with changing times. It is a process that lets Soldiers and Families say what is or what is not working, and what they think will fix it. Shared information alerts commanders and Army leaders to areas of concern that need their attention and gives them the opportunity to quickly put plans into place to work toward resolving the issues. All issues submitted are reviewed and prioritized at quarterly installation AFAP conferences. The prioritized issues are entered into a garrison commander's steering committee meeting. It is then determined if the issues can be resolved locally or should be forwarded to higher headquarters for resolution. Issues can be submitted to the AFAP's webpage or in the office located at 1501 William C. Lee Blvd (FRC) office 103 270-798-2063 <http://afap.campbell.army.mil>

Exceptional Family Member Program (EFMP)

270-956-3738

Bldg 5661 Screaming Eagle Blvd

Mon-Fri 0730-1630

The Exceptional Family Member Program is designed to provide services to you and your family members with special needs. The care and welfare of family members was of paramount importance to us while you were deployed. Now upon return to your permanent duty station if you feel the special needs condition of your family member has changed, or the needs of the exceptional family member are not being met, please contact the Exceptional Family Member Program (EFMP) manager. The EFMP manager will assist in referring your family member for evaluation.

Also when you are ready to depart a duty station, the program ensures your next assignment is to a location where the psychological, medical and educational needs of your family members can be met. Additionally, you must update your screening every three years.

EFMP managers are located at Army Community Service (ACS) Centers in each community to help answer questions at every point of the redeployment cycle. You can contact the ACS in your Area Support Group to locate the EFMP manager nearest you.

Soldier and Family Assistance Center

Soldier and Family Assistance Center

270-412-6000

Bldg 2703, Michigan Avenue

The new Soldier and Family Assistance Center (SFAC) supports Warriors in Transition. The center will provide quality services to all Soldiers and their Family members assigned to the WTB to include an Army Career and Alumni Program (ACAP) for Warriors. Services include, legal, financial, educational, and career counseling, and on-site child care while receiving SFAC services.

Soldier and Family Assistance Center Mission Statement:

Provide tailored integrated support service and act as an information broker/clearing house in a location proximate and convenient for Warriors in Transitions (WTs) and their Family Members.

Morale, Welfare and Recreation (MWR)



Morale, Welfare and Recreation (MWR) would like to thank each and every Soldier for their selfless service to our country. As a way to thank you, MWR will be offering special pricing during the 7-day reintegration period in an effort to welcome Soldiers home. For information on all our scheduled welcome home activities and discounts, please visit our website at www.fortcampbellmwr.com or call (270) 798-7535.

Additionally, MWR facilities have joined together to show their appreciation for your dedication and courage by providing the following activities:

Installation Special Events is offering...

Annual Fall Fest & Eagle Toy Run—October 11, 2008 at Destiny Parks and Pavilions

GM Military Discount Tour – October 24-26, 2008, PX parking lot

Division Tree Lighting- 4 December, Division Headquarters

Freedom Fest Carnival 30 June - 5 July, 2009

Check our web page for more up to date information on our MWR Special Events

www.fortcampbellmwr.com



Air Assault Auto is offering...

Tow it our way—Tow a vehicle from anywhere ON POST to Air Assault Auto or North Auto for only \$30 during normal business hours (Monday-Friday, 0730-1600). Price expires September 30, 2009

21 Point Jumpstart—Oil and filter change, tire rotation, free brake and 21 point inspection for only \$30.

This service is available for MOST vehicles. Price expires September 30, 2009

D.W. Rec is offering...

Computer room now open! All computers have access to the internet for Soldiers to use for free.

Weekly Tournaments

Sunday: Chess

Monday: 9-ball Pool Tournament

Tuesday: Video Game Tournament

Thursday: Spades

Friday: Table Tennis

Saturday: 8-ball Pool Tournament

Reintegration specific events:

Play Production: Dial M for Murder

Black Light Pool Tournament

Movie Madness—All day movies with complimentary popcorn
Dinner and a Movie

Better Opportunities for Single Soldiers (BOSS) is offering...

3 on 3 Basketball Tournaments
Hang out at Hooper Bowling Center—Free bowling and food
Laser Tag
Holiday Dinners
Comedy Club
Val-O-Ween

Fort Campbell Riding Stables is offering...

Giddy Up—The Stables is now taking reservations for trail rides. To reserve your ride, call the Stables and book your date. Must have a valid credit card to hold your reservations, and rain checks will be issued in lieu of a refund.

Fall Trail Rides - Come see the beauty of fall that Fort Campbell has to offer from horseback. Lunch of assorted sandwiches, chips, drinks and dessert will be provided for all riders.

Turkey Shoot Ride - Come on out and win your free turkey. All riders will go on the guided trail rides and "hunt for numbered turkeys". Winners are drawn at the end of each ride.

Hooper Bowling Center is offering...

Go Cosmic—Every Friday night beginning after league bowling and Saturdays from 7p.m. until close
Winter League—Leagues are for adults and children alike and signup will be in the August – September timeframe.

Book your party now—Hooper Bowling Center does offer party packages, so please call to check on room availability for your next party or military function.

Monthly Tournaments—Please check www.fortcampbellmwr.com for the latest tournament schedule.

Gear To Go is offering...

Midweek Equipment Rental Special—Rent any equipment (excluding vehicles) from Tuesday until Thursday and only pay for 1½ days. Pickup on Tuesday, return on Thursday.

MWR Moving Trucks — Available for local moves. All money paid for moving trucks and equipment stays within MWR for Soldier and Family Member quality of life initiatives.

Check out our latest additions—GearToGo now has new inflatables and tents available for rent.

Inflatable and party tent prices include delivery and setup within 50 miles of Fort Campbell.

Come visit with us – Come by the center and visit us, see our equipment choices and enjoy some popcorn.

Sportsman's Lodge is offering...

Kids Night—Every Wednesday, the first child eats free and up to three additional children eat for ½ price with the purchase of an adult entrée.

Going back to our German Roots—Enjoy the new and improved menu which includes Brathähnchen, a delicious rotisserie chicken in two flavors, traditional and lemon pepper.

Enjoy our buffet —Get your fill at Sportsman's Lodge where the Schnitzel Dinner Buffet is now offered Friday and Saturday evening from 5pm until 8 pm and Sunday from 12-4.

Valentine's Day romance—Take your sweetie for authentic German cuisine this Valentine's Day.

Senior Citizen Discount—Family and friends coming to visit? Age 55 and over receive 10% on food items.

Fort Campbell Family Housing

Phone Numbers and Addresses

The numbers and addresses below are to the community offices and Managers to each Housing area.

Main Housing

Bldg 850 Georgia Ave.
931-431-9003

Werner Park

1534A Bastogne Ave.
931-431-2726

Gardner Hills

7372B N. Dexter Ave.
931-431-2749

Village Commons at Hammond Heights

3065 Forrest Rd.
931-431-2305

Lee/Pierce

4199 Morgan Rd.
931-431-2327



Finance



PAY ENTITLEMENTS UPON REDEPLOYMENT FROM OIF

All Soldiers can anticipate changes to their pay based on their redeployment. Deployment entitlements that should stop upon redeployment are the following: Hardship Duty Pay - Location (HDPL) ; Family Separation Allowance (FSA) ; Hostile Fire Pay/Imminent Danger Pay (HFP/IDP) ; and Combat Zone Tax Exclusion (CZTE). Another entitlement that may be effected is Basic Allowance for Subsistence (BAS) depending on Soldier's situation upon redeployment. Following are brief explanations of each pay entitlement to include travel settlement and Savings Deposit Program (SDP).

Basic Allowance for Subsistence (BAS)

If you received Separate Rations (BAS) or Rations in Kind Not Available prior to deployment, your BAS did not change for the deployment and will not change upon redeployment. If you were designated as Essential Station Messing (Meal Card Holder), prior to deployment, you received the entire amount during the deployment with no collection in the deduction column on your LES. When you redeploy to home station, your BAS collection will revert back to your pre-deployment BAS once the unit submits the DA Form 4187 to the finance office.

Hardship Duty Location Pay Location (HDP-L)

Paid to both officer and enlisted members deployed. Entitlement to HDPL will stop the day after departure when the Soldier leaves the designated area for redeployment.
\$100.00 for Iraq and Kuwait.

Family Separation Allowance-Temporary (FSAT)

Payable to soldiers with family members who are deployed for 30 days or more. Entitlement to FSAT will continue through day prior to arrival at home station.
\$250 per month.

NOTE: This is shown on the LES as "FSH" for AC Soldiers and as "FAM SEP ALWS" for RC Soldiers.

Hostile Fire Pay/Imminent Danger Pay (HFP/IDP) and Combat Zone Tax Exclusion (CZTE)

Payable for any time during the month spent in a HFP/IDP area. HFP/IDP and CZTE will have a stop date of the day of departure when the Soldier leaves the designated area for redeployment. However, the Soldier will be paid for the entire month, regardless of how long they spent in the HFP/IDP area.
\$225 per month.

Finance TDY/TCS Travel Settlement

Deployed Soldiers earn \$3.50 per day for travel incidental expenses while deployed OCONUS. The Finance office will assist you in filling out your travel voucher settlement during reintegration phase. Your unit will then collect and send them to DFAS Rome NY for payment.

Savings Deposit Program (SDP)

Soldiers must stop SDP allotments because they will not stop automatically. Soldiers must withdraw funds NLT 90 days after redeployment by writing a letter to DFASCL, ATTN: Code FMCS, 1240 East 9th Street, Cleveland, OH 441992055. Include the following information in your letter:

Name, SSN, Branch of Service, delivery information (bank routing number, account number, or address for check), separation date, and date of departure from deployed area.

Copies of all Cash Collection Vouchers (DD Form 1131) if deposits were not via allotment.

SAVINGS DEPOSIT PROGRAM WITHDRAWAL REQUEST FORM

Soldiers who contributed to the Savings Deposit Program (SDP) during deployment should withdraw funds NLT 90 days after redeployment.

To request your funds, fill out the following information on the form provided and mail it to:

DFASCL

ATTN: Code FMAA, 1240 East 9th Street

Cleveland, OH 44199-2055

Or Fax to the following: DSN: 312-580-6924 or Comm: 216-522-6924

Request my SDP money be sent to me based on the following information:

NAME (LAST, FIRST MI)	
SSN	
BRANCH OF SERVICE (ARMY/AIR FORCE/NAVY/MARINES ETC)	
PAYMENT INFORMATION (if a and b are filled out leave c blank)	
a. BANK ROUTING #	
b. ACCOUNT #	
c. CHECK ADDRESS (fill out only if a and b are blank)	
SEPARATION DATE	
DEPARTURE DATE FROM DEPLOYED AREA	
Email address (In case they have questions)	

NOTE: If you contributed funds using Cash Collection Vouchers (CCVs), attach copies of all your CCVs to your request.

SIGNATURE OF REQUESTER

DATE

Reenlistment Bonus

If the reenlistment contract awarding a bonus is signed while in the CZTE area, the bonus and anniversary payments are exempt from federal tax. Anniversary payments for a reenlistment signed outside the CZTE area will remain taxable even if paid in the CZTE area.

Accrued Leave

Leave sold by enlisted members in the CZTE area, whether earned in that area or not, is tax exempt.

Special Leave Accrual (SLA)

SLA allows Soldiers to carry forward up to 90 days of leave at the end of the fiscal year (60 days ordinary leave plus 30 days SLA). Military members who received HFP during the FY will have up to three years to use the use/lose leave they recover at the end of the tour. Refer to AR 600-8-10.

MY PAY

View, print, and make pay changes to your Federal Tax, Direct Deposit, LES, address, TSP, Allotments, Bonds, and setup as Restricted Access PIN for significant others.
For more information go to <https://mypay.dfas.mil>.

AAFES DPP and LAYAWAYS

DPP ** Customers who asked to freeze their DPP account need to call or write the DPP Service Center for reactivation. Reactivating the account will reestablish the accounts purchasing ability and normal billing. Customers who have questions about their accounts may also use the following address and phone numbers for inquiry:

- 1) Germany: 0130-81-2469 (toll free)
- 2) CONUS: 1-800-826-1317 (toll free)
- 3) Other locations: (214) 312-6030 (collect)
- 4) Mailing Address: AAFES DPP Services Center, PO Box 650524, Dallas, TX 75265-0524

Layaways ** Customers who did not clear their layaways prior to deployment, or who did not continue to pay for their layaways during the deployment, should see the store Customer Service Manager.

ADDITIONAL INFORMATION

If a Spouse has a general power of attorney, he/she can get an LES or a W2 from the Finance Office. If the Spouse has a special power of attorney, it must state all financial transactions they can perform.

Points of contact:

Defense Military Pay Office (DMPO)
2795C Kentucky St
Fort Campbell, KY 42223
Customer Service: 270-

In/Out Processing (One Stop Shop)
PCS Travel
270-

Travel Pay – Interactive Voice Response System (IVRS)
1-888-332-7366 or DSN 699-0300

TSP Toll Free 1-877-968-3778

Personnel



MILITARY PERSONNEL SUPPORT

PROMOTIONS STANDING LIST

If you are currently on a promotion list for Sergeant or Staff Sergeant, you should ensure that your promotion points and effective date are correct by viewing your ERB electronically, or obtaining a copy of a current standing list (C10) roster from your Battalion S1. If you were promoted while deployed, bring a copy of your promotion orders to Reintegration Process (Station 3) to ensure your file is updated.

PROMOTION POINT ADJUSTMENT

You are given 60 days after redeployment to submit a request for retroactive promotion point adjustment for any source document dated prior to the board appearance that was not available while deployed. Soldiers who fail to submit the retroactive promotion point adjustment within 60 days of redeployment waive the opportunity. There are no minimum requirements for adding any additional promotion points. You may add additional points at any time.

*****Personnel Temporary Operations (PERSTEMPO)**

PERSTEMPO is an event which occurs when a Soldier is engaged in “official duties at a location or under circumstances that make it infeasible for a Soldier to spend off-duty time in the housing in which the member resides when on garrison duty at the member’s permanent duty station”.

The following are creditable PERSTEMPO events:

Contingency Operations (Deployments)

Field Exercises

Mission Support TDY

Hospitalization

The accuracy of PERSTEMPO data impacts decisions and processes that affect individual Soldiers and the Army as a fighting force. Among other things, the data may be used for analysis of personnel assignments, promotions, deployments and force structure impact.

Your redeployment PERSTEMPO data input will be done during the Reintegration Process.

*****Review Insurance/Emergency Data Documents**

It is very important to keep the information current on your Record of Emergency Data (DD Form 93) and Service Member’s Group Life Insurance Election (SGLV8286). During your Reintegration Process you will be required to review these documents for accuracy and will be given the opportunity to make changes.

*****ID CARDS/DEERS**

Each Soldier should have a valid and serviceable ID card. During your Reintegration Process you will be afforded the opportunity to update your ID card and any dependent data, which may have changed. To update dependent data you must have supporting documentation, i.e. birth certificate for newborn, marriage license for newlyweds, divorce decree for divorces etc. You can update family member addresses online at www.dmdc.osd.mil/appj/address/index.jsp or during the Reintegration Process.

If you were promoted to SGT or above or reenlisted during your deployment, bring a copy of your promotion or reenlistment contract to Reintegration Process

Legal



Deployment-related Damage - Filing a Claim

Filing a claim for damage to house hold goods (HHG) in shipment or storage

There are two ways to file a claim for HHG damaged or lost in shipment. First, you can file with your local claims office. The local claims office will pay the depreciated value for damaged or lost property in shipment. Second, effective fall 2007, most people can file directly with their carrier for full replacement value. There are two steps when filing a claim:

1. *Step one:* Deliver your DD Form 1840R form (the pink form) to your local claims office within 70 days of delivery. Please note, regardless of whether you wish to file your claim through the claims office or with the carrier, you must complete this step.
2. *Step two:* Complete claims packet and submit it timely to the claims office or carrier. If you wish to go through the claims office you have two (2) years from the date of delivery. If you wish to go through the carrier, you have nine (9) months from the date of delivery.

Filing a claim for damage to a POV

1. Filing a claim for damage to a POV sustained during Government-sponsored shipment requires notification of the damage on the DD Form 788. This form is an inspection sheet for the vehicle and must be completed before leaving the vehicle processing center (VPC). A thorough inspection is important because damage not noted on the DD Form 788 at the time of delivery often cannot be paid. If a claimant discovers damage after taking possession of the vehicle, he or she should immediately report the damage to the Claims Office within a few days of arrival. Once damage has been noted, the claimant has 2 years to complete the DD Form 1842, DD Form 1844, and other forms claims personnel may require. For shipment-related claims, Soldiers may file a claim with their private insurer, rather than filing with the Government, but this is not a requirement. Items not authorized for shipment (e.g., sunglasses, CDs, etc) are not payable.
2. For damage to a POV sustained as a result of theft, vandalism or other unusual occurrence, claimants must report the damage immediately and request an MP report as soon as possible. Soldiers must first file a claim for the damage against their private insurer. In the event that their private insurer does not cover all or part of the damage, the Soldier may file a claim for the portion of the damage not paid, including the deductible amount, with the Government. All soldiers should maintain valid vehicle insurance for the duration of the deployment. Items not permanently attached to the vehicle (e.g., stereo speakers, stereo accessories, DVD players, etc.) are not payable. The maximum amount payable for items stolen from a vehicle is \$1,000 per claim.
3. If a POV is missing or damaged while in Government-sponsored storage during deployment, the Soldier must file with his private insurer before filing with the Government. Determine whether the storage was Government-sponsored through the Transportation Office, or if the Soldier's unit arranged for storage informally. If the unit arranged storage, the Soldier should have inspection documents, commander's statements, etc. that outline the storage process. If a Soldier's personal property is missing or damaged while in Government-sponsored storage, the Soldier would follow the same procedures as for any other HHG loss. If the Soldier's property was stored informally in a unit supply office or storage cage, the Soldier should follow procedures for an unusual occurrence loss by immediately contacting the Claims Office for case-by-case instructions.

Combat Zone IRS Filing Extensions

1) To provide information on IRS extensions for those serving in a combat zone, in an area "in direct support of" a combat zone or qualified hazardous duty area.

- a. Internal Revenue Code § 7508(a) provides for an extension of time to perform certain acts if the individual is serving in the Armed Forces or in support of the Armed Forces in a combat zone, area “in direct support of” a combat zone, qualified hazardous duty area, or hospitalized as a result of injury received while serving in such area.
- b. In general, the deadlines for performing certain actions applicable to taxes are extended for the period of service in the above mentioned areas, plus 180 days after the last day in the area. The extension also includes the time in the hospital, not to exceed 5 years if hospitalized in the United States, if a soldier is continuously hospitalized as a result of injuries sustained while serving in the combat zone. The extensions apply not only to those serving in the combat zone but also to the Spouse in most cases (if the individual entitled to the extension is hospitalized in the United States or more than 2 years have elapsed since termination of the combat zone designation, the extension does not apply to the Spouse). The most common actions that can be extended are the following:

2) Filing an income tax return: The extension for filing an income tax return is 180 days from the last day in the qualified zone plus the period of time in the zone between 1 January and 15 April. Thus if a soldier entered the combat zone on 1 February 2005 and remains until after 15 April, he is entitled to an extension of time for filing his 2004 federal income tax return until 254 days after he leaves the combat zone (180 + 74 (the number of days between 1 February and 15 April)).

3) Payment of any income tax: The extension applies to the payment of any federal income tax. Assessment and collection deadlines will be extended and interest and penalties attributable to the extension period will not be charged. Thus the soldier mentioned above would not have to pay any taxes owed until 254 days after he leaves the combat zone. If the soldier is due a refund, however, he may wish to file earlier in order to receive the refund.

- a. In the event that an individual entitled to the combat zone extensions reenters a combat zone before the prior extension period has expired, a new 180 day period will begin after the individual leaves the combat zone for the second time. Additionally, any time (of the days between 1 Jan and 15 April) remaining on the first extension will be added to the new 180day period. For example, a Soldier served in Afghanistan from 1 April to 31 August 2004 and then deployed to Iraq on 5 March 2005 is entitled to an extension of time for filing and paying his 2003 income taxes of 195 days (180 plus the 15 day period that was left before the 15 April deadline). This extension period would have expired on 14 March 2005 (195 days from 1 September 2004, the first day out of the combat zone). Because the extension period had not expired for the 2003 tax year before he reentered a combat zone, he will have 190 days (180 days plus 10 of the 15 days remaining before the 15 April 2004 deadline) after he leaves Iraq
- a. to file his 2003 taxes.
- b. A list of other time sensitive actions for which performance is postponed for members of the U.S. Armed Forces or individuals’ serving in support of a combat zone is available in Revenue Procedure 2002-71, which is available at www.irs.gov.
- c. Internal Revenue Notice 2003-21, Tax Relief for those involve in Operation Iraqi Freedom, provides more guidance on combat zone related tax benefits and is available on the IRS website.
- d. Internal Revenue Publication 3, Armed Forces Tax Guide available at www.irs.gov also provides tax information relevant to military service members.

Public Affairs Office (PAO)



HOMETOWN NEWS RELEASE

Now that you are back home, take this time to publicize your accomplishments and let your family and friends know what you are doing.

You may obtain a hometown news release form, DD Form 2266, from your brigade or installation Public Affairs Office. The form includes a line by line instruction format. The Public Affairs Office will help you complete it. A few key points to remember when filling out the remarks section:

1. Include remarks of a specific nature.
2. Write your responses in complete sentences.
3. Be careful not to use military terms that only Soldiers understand.

A SOLDIER'S GUIDE TO DEALING WITH THE MEDIA DURING REINTEGRATION

Within established guidelines, it is our responsibility to talk to the media (and subsequently, the public). Leaders and Soldiers who refuse to talk to the media give the impression that they're withholding information. When dealing with the news media, remember:

- "Stay in your lane." Talk about your job, your responsibilities, and other matters within your expertise and control. Avoid speculating and answering "what if" questions; you can't predict the future.
- Avoid making statements on behalf of others like "my whole squad thought..." and "she said she was..." Let others speak for themselves; you speak for yourself.
- Do talk about what you plan to do now that you are back from deployment. Do talk about the support from family/friends you received during your deployment. Talk about the things you missed or what you look forward to doing now that you have returned safely.
- Talk about how the deployment affected your family/friends. A majority of the stories covered by the media will deal with the family. You've had a rough time and so has your family, give them plenty of credit.
- Always remember who the audience will be. If you have complaints, consult your chain of command first.
- All discussions with reporters are "on the record" if you do not want to read it in the paper or hear it on TV, don't say it.
- Protect classified information and preserve operational security. Exact numbers and locations of troops and equipment, ongoing or future operations, and rules of engagement are not releasable.
- Be honest, open and forthright. If you do not know the answer to a question, simply say, "I don't know." Don't be evasive-If a question is classified, simply tell the reporter so. Think about your response before you answer, you do not have to answer immediately.
- This is your opportunity to communicate to a large audience. Make your answer clear and relevant, and use examples that are easily understood (avoid using jargon and acronyms).
- Be professional even if the reporter is aggressive or the questions seem silly. If the reporter interrupts you, pause, let the reporter finish, then continue your response.
- Don't let the reporter put words in your mouth. Don't repeat their "buzz words." You don't have to accept his facts or figures as the truth.
- If classified or sensitive information is inadvertently released through words or photography, service members are not authorized to confiscate film, audio/video tapes or reporters notes. Report the incident by the quickest means possible to the unit commander or public affairs officer.

- Don't be afraid to ask a reporter to repeat a question.
- Guard personal information for your own safety and security.

Most important of all: Relax. You're telling a great story about what the Army does and this is your chance to educate. If you feel uncomfortable or have any questions/concerns about dealing with the media, contact your local public affairs office.

PAO can help you tell your story. We are here to support you! For media questions contact us at 270-798-3025. If necessary, a PAO duty officer can be reached after hours by calling the post Staff Duty Officer at 270-798-9793.

Additional Information:

The Fort Campbell Courier newspaper; online www.fortcampbellcourier.com or call 270-798-6090
The Fort Campbell Military Channel on post Channel 9



Records Management & Postal



Records Management

Safeguarding Personal Information

Ordinarily, personal information must be afforded at least the protection required for information designated “For Official Use Only”, (see AR 25-55, Chapter IV). Privacy act data will be afforded reasonable safeguards to prevent inadvertent or unauthorized disclosure of record content during processing, storage, transmission, or disposal.

Postal Mailing Tips

Deployed personnel are required to provide their home station mailing address to mailers and notify correspondents to discontinue mailings at least 21 days before their redeployment date. This will prevent mail delays and limit the amount of redirect mail the deployed APO will have to process for the redeploying individual. Rear Detachment Commanders should also notify Consolidated Mail Rooms (CMR) or Unit Mail Rooms (UMR) of this action.

Deployed personnel should notify their supporting CMR & UMR in writing of their return date and provide an effective date to remove the mail-forwarding instructions (DD Form 2258, Mailing Disposition Instructions).

As soon as possible after redeployment, personnel will personally visit their CMR or UMR to collect mail accumulated during their deployment and ensure their mail-forwarding instructions have been terminated.

Rear Detachment Commanders will also provide general redeployment timelines to family members and family readiness groups (FRG's) as soon as the timeline is known.

For damaged items, (insured and registered only), keep container, wrapper, packing, mailing receipt (if applicable), and damaged contents for claim filing requirements. Claims cannot be filed against items mailed “Military Postal Services (MPS)” since no postage was paid.

Common prohibited Mail items To and From the Middle East

- Weapons; ammunition; nuclear, biological, chemical (NBC) protective clothing; and sensitive items.
- Securities, currency, or precious metals in their raw unmanufactured state. (Official shipments are exempt from this restriction).
- Obscene articles, prints, paintings, cards, films, videotapes and horror comics and matrixes.
- Any matter depicting nude or semi nude persons, pornographic or sexual items, or unauthorized political materials. Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for personal use of the addressee are permissible.
- Pork or Pork by-products
- Fruits, animals and living plants
- All alcoholic beverages, including those mailable under Domestic Mail Manual (DMM) 601.11.7.
- Materials used in the production of alcoholic beverages (for example, distilled material, hops, malts, and yeast).